

Session 8

10 Reflections on Feminine and Masculine Energy

1. The law of gender is in all things, meaning there is feminine (negative pole) and masculine (positive pole) in the all. They are opposite energies which are magnetized to each other.
2. Feminine energy is the energy of creating and being and masculine energy the energy of producing and doing.
3. The greater the polarity between the two energies the greater the balance and harmony and the stronger the attraction.
4. If we are too in our feminine energy, we will sit back, be creative and content, but without the masculine we will not be able to bring into production the creativity of our ideas. We need the masculine to drive us into producing.
5. Energy seeks balance and harmony so when women are in their strong feminine energy (light, flow, trust, presence, joy, receiving) a man's true masculine (protection, provider, striver, producer, hero) awakens. When women are in too strong masculine energy of doing and pushing men fall into the wounded masculine, they feel unneeded and can become distant, angry, forceful, and unsupportive. Or they can fall too far into their own wounded feminine energy where they sit back, become lazy, lack decision making, become passive aggressive. Energy seeks balance and the perfect balance is polarity.
6. Feminine energy is not submissive, it is incredibly powerful, it is the energy of creation! Patriarchy has tried for years to convince the feminine that she is weak and that she has penis envy, however the real envy is womb envy because the masculine cannot create. Out of the womb of the feminine the masculine rises.
7. If women are not in calling forth their feminine energy, they are blocking themselves from receiving. When they want to receive from a man for example, they must be in feminine energy which mean their attention must be on themselves, present, and in trust and joy. So what makes you feel light, joyful, trusting, in flow with ease and grace? Do more of that. In this energy the masculine cannot help but respond. Look back and see how the greatest disconnect with you partner, past or present is when you are out of flow with the feminine and the greatest connection is when you're in flow with it.
8. Getting back into true feminine energy requires that you learn to embody trust, that you cultivate present moment being, joy and lightness. What leads you to

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these states? How can you expand these energies in yourself? And where can you allow the masculine to lead, to be the hero? This doesn't mean you are less than equal it means that you have learned how to awaken the very energy and responses that you want from your partner and are not getting because your energy has dipped too far into the masculine and there is not enough polarity between you. No matter how strong, intelligent, powerful and independent, the feminine feels most alive in the powerful protective energy of the divine masculine that she can finally let go and trust that she is safe and loved and in flow with life.

9. The wounded feminine and wounded masculine spring forth from the wounds of our parents and ancestors. Our unhealed relationships with our mother impact our relationship with feminine energy, and the unhealed relationships with our father impact our relationship with masculine energies. These energies require healing within and forgiveness of both parents.
10. We are energy beings and we are subject to the same law of gender as all that is contained within the Universe. We must recognize the wounded aspect of feminine in us (fear, clinging, demanding, manipulating, withholding from the masculine) and also the wounded masculine in us (where we don't protect ourselves, support ourselves, be our own hero, recognize our worth). Money for example is masculine and this is a great example of where we need balance. The feminine to find creative ways and open to receiving money and the masculine to push forward and bring the ideas into production to get it. If we are struggling financially its likely that both our feminine and masculine re out of balance. And our relationships with our patterns, and what we learned from them and were exemplified by them reflect this.